

## STI - Sexually Transmitted Infections

### STI-C            **COMPLICATIONS**

**OUTCOME:** The patient/family/partner will understand the common and important complications of sexually transmitted infections.

**STANDARDS:**

1. Explain that the most common complication of untreated or progressed STI is pelvic inflammatory disease, infertility, and/or sterility.
2. Explain that some STIs if left untreated can progress to disability, disfigurement, and/or death.
3. Discuss that having one sexually transmitted infection greatly increases a person's risk of having a second sexually transmitted infection.
4. Explain the importance of HIV testing.
5. Discuss that some sexually transmitted infection can be life-long or fatal.
6. Discuss the potential for harm to a fetus from the sexually transmitted infection or its treatment.

### STI-CUL        **CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation to the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.

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6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

**STI-FU FOLLOW-UP**

**OUTCOME:** The patient/family/partner will understand the importance of follow-up and make a plan to keep follow-up appointments.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments.
3. Emphasize that appointments should be kept.

**STI-I INFORMATION**

**OUTCOME:** The patient/family/partner will understand risk factors, transmission, symptoms, and complications of causative agent(s).

**STANDARDS**

1. Discuss specific STI.
2. Explain the importance of partner(s) notification in the treatment and prevention of the spread of infection.
3. Explain how STIs are transmitted, e.g., semen, vaginal fluids, blood, mother to infant during pregnancy, child birth, breastfeeding, skin-to-skin contact.
4. Explain how STIs cannot be transmitted, e.g., casual contact, toilet seats, eating utensils, coughing.
5. Explain that there are no vaccines against STIs and that there is no immunity to STIs. List curable and incurable STIs. Stress the importance of early treatment.
6. Explain that infection is dependent upon behavior, not on race, age, or social status.
7. Describe how the body is affected.
8. List symptoms of infection and how long it may take for symptoms to appear.
9. List complications that may result if infection is not treated.
10. Review the actions to take when exposed to an STI.

**STI-L PATIENT INFORMATION LITERATURE**

**OUTCOME:** The patient/family/partner will receive written information about sexually transmitted infections.

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**STANDARDS:**

1. Provide the patient/family with written patient information literature on sexually transmitted infections.
2. Discuss the content of the patient information literature with the patient/family.

**STI-M      MEDICATIONS**

**OUTCOME:** The patient/family/partner will understand the goal of drug therapy and be able to demonstrate and explain use of the prescribed regimen.

**STANDARDS:**

1. Discuss proper use, benefits, common side effects, and common interactions of prescribed medications. Review signs of possible toxicity and appropriate follow-up as indicated. Explain that medications may cure bacterial STIs but typically provide only symptomatic relief for viral STIs.
2. Emphasize the importance of full participation with medication regimen.
3. Discuss the mechanism of action as needed.
4. Emphasize the importance of consulting with a healthcare provider prior to initiating any new medications, including over-the-counter medications. Emphasize the importance of informing the provider of any allergies or the potential for pregnancy.
5. Emphasize the importance of providing a list of all current medications, including non-prescription, complementary medicine or traditional remedies, to the provider.
6. Explain that in most cases, the patient's partner(s) will need to be treated. Describe the treatment regimen as appropriate.

**STI-P      PREVENTION**

**OUTCOME:** The patient/family/partner will plan behavior patterns that will prevent STI infections.

**STANDARDS:**

1. List behaviors that eliminate or decrease risk of infection, e.g., use of latex condoms, use of spermicide with condom, monogamy, abstinence, not injecting drugs. Non-latex condoms, while not as effective as latex, are recommended when latex sensitivity is an issue.
2. Describe behavior changes which prevent transmission of STIs.
3. Discuss proper application of a condom.
4. Describe type of lubricant to use with condom, e.g., water-based gels, such as K-Y, Astroglide, Foreplay.

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5. Describe how alcohol/substance use and/or abuse can affect ability to use preventive measures.

**STI-SM      STRESS MANAGEMENT**

**OUTCOMES:** The patient will understand the role of stress management in sexually transmitted infections.

**STANDARDS:**

1. Explain that uncontrolled stress is linked with an increased recurrence of symptomatic outbreaks with many sexually transmitted infections, such as genital herpes and human papilloma virus.
2. Explain that effective stress management may help reduce the frequency of outbreaks, as well as, help improve the patient's health and well-being.
3. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a.      Becoming aware of your own reactions to stress
  - b.      Recognizing and accepting your limits
  - c.      Talking with people you trust about your worries or problems
  - d.      Setting realistic goals in small attainable increments
  - e.      Getting enough sleep
  - f.      Maintaining a reasonable diet
  - g.      Exercising regularly
  - h.      Taking vacations
  - i.      Practicing meditation or prayer
  - j.      Practicing self-hypnosis
  - k.      Using positive imagery
  - l.      Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - m.      Participating in spiritual or cultural activities
4. Provide referrals as appropriate.

**STI-TE      TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed including indications and its impact on further care.

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**STANDARDS:**

1. Explain the test ordered and any special preparatory information, such as first morning void versus not voiding prior to test.
2. Explain the necessity, benefits and risks of the test to be performed and how it relates to the course of treatment.
3. Explain the meaning of test results.

**STI-TX      TREATMENT**

**OUTCOME:** Patient and partner will understand their treatment plan.

**STANDARDS:**

1. Emphasize the importance of early detection and treatment.
2. Stress the importance of treatment of the partner to prevent re-infection and spread of the infection.
3. Discuss the patient's specific treatment plan.
4. Discuss the importance of routine follow-up and testing as appropriate.